



Living UNDIVIDED™

WORKSHOPS

INTERACTIVE EXPERIENCES ROOTED
IN GOD'S VISION FOR RACIAL
HEALING AND RECONCILIATION.



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ABOUT

UNDIVIDED

We exist to unite and ignite people for racial justice and empower individuals to be architects of change in their churches and communities.

At this critical moment in our nation's history, we provide tools that equip disciples of Jesus to embody courage, build community and take bold action to live out our faith in the struggle for racial healing, solidarity, and justice.

OUR APPROACH

REFLECT.CONNECT.DIRECT



REFLECT

When it comes to the topic of race, diverse voices need to be heard, AND we see value in starting from a place of pause. Our workshops provide the space to sit with thoughts and emotions. Reflecting is an essential part of growing in greater understanding and healing.



CONNECT

We believe that relationships are foundational to learning and growing in greater awareness. Through sharing stories about our lived experiences, we get beneath the surface and into more profound and meaningful relationships and conversations.



DIRECT

Knowledge, understanding, and relationships are only as impactful as the level of action taken and sustained after an experience. We guide individuals towards utilizing their experiences, learned skills, and behaviors to inform tangible next steps that contribute to individual and organizational change.



INDIVIDUAL WORKSHOPS

FOUNDATIONAL OFFERINGS

The following are presentable as 1-hour, 2-hour, 4-hour, or full-day sessions.

THE IMPACT OF EXCLUSION

This workshop highlights the Christ-modeled responsibilities towards inclusion, belonging and elevating the dignity of those who are often most marginalized. By exploring the immigrant and refugee experience in the US, participants see the impacts of exclusion, the harm of assimilation, and what happens when the perspectives and stories of others are not recognized, valued, or considered.

CREATIVE EXPRESSIONS ABOUT RACE

Throughout history, artists have used their unique perspectives and gifts to provoke, inspire, stimulate social change, and reflect the heart of God. This workshop creatively generates inspiration through exposure to diverse present-day voices working with various art forms and mediums like comedy, dance, painting, spoken word, and the healing arts. By bringing diverse narratives of race into view, the unique power of the arts is leveraged to stimulate dialogue and bring restorative change to God's creation.

RESTORING STREETS TO DWELL IN

Understanding the Biblical framework (as outlined in Isaiah 58) for what equitable communities look like is foundational to racial healing and justice. In this workshop, participants explore moving meaningfully toward this vision with a depth of purpose and intentionality to remove yokes of oppression and fulfill the commands of God.

LIFT EVERY VOICE

Discover the transformative power of faith, justice, and the resounding impact of lifted voices. Using voting rights as an example, this workshop unveils the systemic effects of silencing the unheard. Through faith-rooted insights and courageous love, we explore the profound biblical teachings that inspire us to amplify the voices of the marginalized. Participants will be able to more fully grasp the power of elevating individual voices to ignite collective change systemically and institutionally.

LEADING COURAGEOUSLY

There's a real temptation to grow weary, particularly in confronting racism and hatred. Unfortunately, fear can impact our daily lives and decisions when it comes to conversations about race and systemic injustice. The content of this workshop inspires, encourages, and equips people to lead more meaningfully and effectively. A courage-minded perspective ensures that we do not grow fainthearted. When we remain faithful to the call, God will be fruitful.

COURAGEOUSLY VULNERABLE LEADERSHIP

Inclusivity in congregations depends not only on the population in the pews, but also on how power and authority within the organization's structure live into and reflect the Kingdom of God. This workshop is designed to provoke thought and to provide church leaders with helpful concepts to aid in creating more equitable workplaces and environments where all people feel considered and valued. Leaders can build brave spaces with the vulnerable courage to 'fail forward' instead of being stagnant and fearful.

THE POWER OF STORY

Call it 'living with a purpose' or 'following a higher calling,' there's real, sustainable power to getting clear on your why (your reason for being activated in the work of racial solidarity, healing, and justice). The content of this workshop provides inspiration for capturing and expressing a story of self that compels and stirs others to action, sustains motivation, and continues to regenerate and activate the self.

LEADING WITH EMPATHY

When God took on flesh, he also took on the emotions of the human experience. The life and character of Jesus exemplifies that empathy is as valuable and strategic a skill as any to navigate the human experience and cultivate a healing connection. This workshop helps participants develop empathy skills by walking them through our memorable CARE framework structured to aid in intentional perspective-taking. Through guided story-sharing activities, attendees reflect on their own lived experiences as well as the experiences of others, opening opportunities for meaningful, beneath-the-surface connectivity.

THE POWER OF INCLUSION

People who encounter inclusive communities experience feeling known and constructively challenged, operating at their best with a true sense of belonging. In this workshop, attendees will understand how building inclusive environments, where everyone has a seat at the table, can increase psychological safety within an organization where individuals delight in their value of being a unique reflection of the imago Dei.



WORKSHOP SERIES

UNDERSTANDING RACIAL TRAUMA

Racial Trauma Workshop options can be delivered individually or as a package.

UNDERSTANDING RACIAL TRAUMA: **LISTENING TO YOURSELF**

1-Hour Workshop

God has called the Church to be the healing hands and feet of Jesus, and therefore, the Church needs equipping to minister to those who experience racial trauma. This content brings awareness to this individual and collective experience, helping people to reflect and consider the personal impact of this specific type of pain. Participants will have the opportunity to engage in moments of personal reflection by processing their own experiences and the experiences of others.

UNDERSTANDING RACIAL TRAUMA: **LISTENING TO OTHERS**

1-Hour Workshop

We equip participants to meaningfully hear and hold the stories of others with honor, respect, and care. This workshop provides ample space to listen to personal stories about racial trauma and to share the impact of those stories. Through these guided listening experiences, participants can practice the art of listening well to help lift the barriers of trauma, opening more paths to engagement with God and others.

UNDERSTANDING RACIAL TRAUMA: **COLLECTIVE HEALING**

1-Hour Workshop

When neighbors are suffering, the Church is called to bring healing. This workshop guides participants in responding to moments of pain and hurt in the community. Participants can reflectively consider how they have responded to pain in the past and how they might want to respond in the future. By being respectfully curious about oneself and others, there is potential for Jesus' followers to bring deeper healing at both the community and individual levels.

WORKSHOP SERIES

EMOTIONAL INTELLIGENCE + CULTURAL AWARENESS

The Emotional and Cultural Awareness series works well as stand-alone workshops, a complete half/full day session, or can be used as a 3 part series. Each workshop can still be delivered in 1-hour, 2-hour, 4-hour, or full-day sessions.

CULTURAL AWARENESS

1-Hour Workshop

If we are to obey the command to make disciples of all people, then we must learn to interact with people from different cultures. In this session, participants will walk through a framework providing a holistic approach to communicating with more intentionality and empathy. The workshop elevates the importance of utilizing cultural intelligence as an effective engagement, respect, and understanding tool to cultivate more culturally aware and honoring environments where all people feel valued and respected.

PREVENTING MICROAGGRESSIONS

1-Hour Workshop

Good shepherds care for all of their sheep. Some people who walk through the doors of our churches have experienced racial trauma and need to be supported and reassured that their Church is a safe place. This workshop provides greater awareness of microaggressions and their impact on people through the daily occurrences that often cause discomfort or harm. Participants will walk through a framework for understanding and listening to help them communicate with more intentionality, respect, and authentic empathy with their congregants, colleagues, and beyond.

EMOTIONAL & CULTURAL AWARENESS

2-Hour Workshop

Jesus, God incarnate, is a supreme example of serving others with cultural and emotional relevance. Cultivating cultural and emotional intelligence is a practical and necessary need for engaging our neighbors with respect and understanding. In this session, participants will walk through a framework providing a Biblical approach to communicating with more intentionality and empathy to cultivate culturally and emotionally aware environments where all people feel valued and respected.

EMOTIONAL & CULTURAL AWARENESS

4-Hour Workshop

Jesus boldly spoke truth to power, challenging unjust religious structures. With emotional and cultural intelligence, he made clear in his preaching and dialogue with others that justice is a kingdom priority. This comprehensive session walks participants through a framework for a holistic and Biblical approach to communicating with intentionality and empathy. In addition, participants will have the opportunity to reflect on their own lived experiences, process the stories shared from the lived experiences, and develop empathic and culturally relevant action plans to engage justice issues.

